

Matcha Green Tea Latte Recipe

(Makes 1 cup)

Ingredients:

- ½ stick cinnamon
- 1 star anise
- ¾ cup boiling water
- 1 teaspoon matcha powder
- ¼ cup coconut milk (or milk of choice)
- Sweetener (optional)

Instructions:

1. In a cup, place the cinnamon stick and star anise. Pour the boiling water over the spices, cover the cup, and let it steep for at least 5 minutes to infuse the flavors.
2. In another cup, whisk together 1 teaspoon of matcha powder and ¼ cup coconut milk until smooth and well combined.
3. Remove the cinnamon stick and star anise from the steeped water. Slowly pour the spiced hot water into the matcha mixture.
4. Sweeten to taste if desired.
5. Optionally, heat the latte in a small pan if you prefer it hotter. You can also serve this latte over ice for a refreshing cold drink.

Notes:

- Heating the latte on the stove after combining the ingredients enhances the warmth.
- For an iced version, simply pour the latte over a glass of ice.

Nutritional Breakdown (per serving):

- **Calories:** 55 kcal
- **Carbohydrates:** 4g
- **Protein:** 1g
- **Fat:** 4g
- **Fiber:** 2g
- **Sugar:** 1g
- **Calcium:** 12mg
- **Iron:** 0.5mg
- **Potassium:** 100mg

Note: The breakdown assumes no sweetener is used. Adding sweetener will change the nutritional values slightly depending on the type and amount used.